

## ABSTRACT OF THE DISCLOSURE

A heating element composed of at least one mica sheet and a heating ribbon, or strip, mounted on the sheet, a support  
5 device holding the mica sheet and constituting a first reflector, and a plate secured to the support device and constituting a second reflector. An electric toaster composed of a base, a case having an upper end, a toasting chamber disposed in the case and having an opening in the form of a  
10 slot at the upper end for the introduction and removal of bread, a movable bread support rack in the chamber, and at least one substantially vertical heating element as described above.